

# EYAK ECHO

March 2000



## Native Village of Eyak Staff

Executive Director:

*Pete Peschang*

Receptionist:

*Sally Stolberg*

Bookkeeper:

*Florissa Espejo*

ICWA Coordinator: *Marlena Fonzi*

CHR/CHC:

*Myra Allen*

Education Coordinator:

*Mary Babic*

*Altana Olsen*

*Barbara Olsen*

Environment Coord.:

*Kate Williams*

Housing Coordinator:

*Patience Faulkner*

Maint/Support Svstem:

*Joe Cook*

Student Staff:

*Christopher Sanculi*

*Thomasina Andersen*

Tribal Management Tech.:

*Glenora Zimmer*

Nurse Practitioner:

*Kathy Edwards*

## Inside this issue:

Welcome Atka Dancers	1
Wellness Update/Harbor Seal Update	2-3
Announcements/Dept. of Education Meeting/Census Bureau	4-5
Altana's Corner/ Congratulations/ CRRC Subsistence Gathering	6-7
Patience Faulkner's Update	8-9
March Birthdays	10

## The Atka Dancers are Coming to Town By Mary Babic

The Native Village of Eyak and the community of Cordova have a special event coming up in April 2000; a dream of several years is coming true. We are honored to finally have the Atka Dancers come to Cordova. We have been trying to get them here for the past six years to perform for the Sobriety Celebration, but to our dismay they were never able to make it. They are a most inspirational dance group.

In April they will be touring and dancing all over Alaska. We have contacted the dance group and things are finally working out. THE ATKA DANCERS ARE COMING!

**WELLNESS UPDATE**  
By Kathy Edwards ANP

**Ilanka Health Center**

Your new health center now has a name. After much searching and input from some of the elders the staff decided on the name Ilanka which is the Aleut word for family. We are very excited that we could incorporate the native language into the name of the clinic and also have it symbolize our goal of family centered care and wellness.

The plans for the clinic are being revised as we speak with construction to start as soon as possible. Ilanka Health Center will have 3 exam rooms, 3 offices, a lab area, and a large waiting/reception area. Until the clinic is complete I will be available for consult or home visits. Please give Myra a call at the office to schedule a home visit if you like.

**DID YOU KNOW?**

**Domestic Violence**

One third of all women are assaulted by a male partner during their lifetime. Millions of women per year receive life threatening injuries from their male partner. The majority of women killed in the US die at the hands of someone they know.

Most health care providers do not screen for domestic violence.

**Nicotine Addiction**

The success rate for stopping smoking with the use of nicotine gum is 30%. You can increase your chances of quitting if you chew the gum slowly, avoid beverages while chewing and chew a minimum of 8 pieces of gum per day. Prevention Magazine notes that massage of the hand can eliminate nicotine cravings. The technique involves circular motions and pressure applied to each finger and the center of the hand between the pinky and index finger.

**Low Back Pain**

Low back pain is one of the top 10 reasons patients seek care from a health care provider.

**Causes:**

1. Muscle strains and spasms caused by improper or excessive lifting or twisting.
2. Osteoarthritis. As you age the cushioning discs between the bones in your spine become Hard and the spine stiffens causing pain.
3. Sciatica. This is compression of a nerve root that can be caused by muscle spasm or a disc Slipping out of spot. The swelling of the nerve causes pain to travel down your leg.

**Treatment**

Most of the time back pain will bet better in 2 to 4 weeks with the use of ibuprofen or Tylenol, the application of ice in the first 24 hours and heat the following days, and a GRADUAL return to normal activities. Strict bed rest doesn't help in fact is can actually slow the healing process.

**Diabetes**

Have you been screened for diabetes? Native Americans have the highest prevalence of diabetes of any minority group in the US.

Diabetes is a malfunction of the glucose insulin system in your body. Insulin helps the glucose in the blood stream to move into the cell where it is used to produce energy. After years of taking in more calories than you expend (another way of saying over eating!) your body develops a resistance to insulin leaving larger and larger amounts of glucose in the blood stream.

Here are the risk factors that will increase your chance of developing diabetes:

Family member has diabetes

You are overweight

You carry most of your weight in your stomach (versus your hips)

You have high blood pressure

You have high cholesterol or triglycerides.

Decreased physical activity. Aerobic exercise is the type of activity necessary to reduce or

Maintain your weight. For an activity to be considered aerobic you must increase your heart rate to its "target rate" (usually 140 beats per minute or higher) for a CONTINUOUS 30 to 40 minutes.

If you had gestational diabetes in pregnancy.

The most common symptoms of diabetes:

Increased thirst

Increased urination

Blurred vision or difficulty seeing

Increased hunger

Fatigue (feeling tired all of the time)

Feeling weak all of the time

Frequent infections

What if you ignore the symptoms? The worse thing that can happen if you ignore the symptoms is called ketoacidosis. Ketoacidosis is caused by very high levels of glucose in your blood and is a serious life threatening condition that can cause coma and death.

If you live for years with elevated sugar levels in your blood you can develop heart disease, kidney failure, blindness and painful nerve damage.

If you have any questions about your health,

tary is Lillian Elvsaa from Seldovia.

On March 21 and 22, the ANHSC and NMFS had their first co-management Committee Meeting to implement the Co management Agreement signed in April 1999.

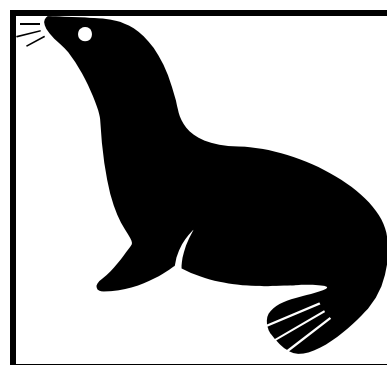
Harold Martin, Dan Alex (Cook Inlet MMC), and Monica Riedel are on the Marine Mammal Protection Act Reauthorization Committee for the Indigenous People's Council for Marine Mammals (IPCoMM). They will attend and testify at MMPA hearings in Washington D.C. on April 6, 2000.

Please contact our office if you have any questions on harbor seals or marine mammal issues. We are located in the Union Hall next to CDFU. Our number is 424-5882

Quyanna  
Monica Riedel

### Just a quick update on Harbor Seal issues:

The ANHSC is holding their spring meeting in the community of Angoon Alaska on April 18-21, 1999. We will be celebrating our 5 year anniversary. Our chairman is Harold Martin from Juneau, our Vice-Chair is Mitch Simeonoff from Akhiok (Kodiak Is), and our Secre-





he Atka Dancers will be in Cordova on the weekend of April 14-16, 2000. They will perform at an assembly for the Elementary, Jr. and Sr. High School students on Friday, April 14<sup>th</sup>. Friday evening tribal members will hold a welcoming dinner for them. On Saturday, April 15<sup>th</sup>, they will be holding a workshop for our local Native Dance group. Other Prince William Sound dance groups have been invited to attend the workshop. On Saturday evening, tribal members will hold a potlatch for our guests before they dance in a community performance at the high school.

This is a very positive event, both for the Native Village of Eyak and the City of Cordova. All of the dance groups attending will be totally inspired by the Atka dancers. Their workshop and performances will enhance cultural pride and heritage in all of the other dance groups attending.

If you would like to find out more information regarding the Atka Dancers, or if you would like to make something for the potlatch, please call Mary at the office.

Please mark your calendar for this very special event, an opportunity you will not want to miss.

The Native Village of Eyak will be starting an NVE Elder's Program which will assist elders in their activities of daily living. The elder's assistant will be available for 2 hours a day / 5 days per week.

These services will be available starting April 3, 2000:

Housekeeping (Cleaning house, laundry, etc.)

Errands (Grocery Shopping, paying bills, doctor appointments, etc.)

Those of you who would like to utilize these services, please call a day ahead and make an appointment for these services.

If you have any questions, please do not hesitate to call the Village office and ask for Myra.

## Summer Student Intern to work on Eyak Lake Water Quality Monitoring

NVE applied and was selected to sponsor a student intern this summer through Northern Arizona University's Institute for Tribal Environmental Professionals. The student is Albert Hendersen and he will live in Cordova for 10 weeks from June through August and work on a project with NVE's Environmental Program. The project that has been decided on is Eyak Lake Water Quality Monitoring. This student will help organize volunteers, design the project, collect and analyze data, and write a final report. This student is EPA-certified in hydrology and has past experience working on water quality issues for the Navajo Nation. This intern will help give NVE's Water Quality Monitoring a good start and help answer questions that Tribal members have had about Eyak Lake's water quality for years.

## WANTED HOUSING FOR STUDENT INTERN THIS SUMMER

The Native Village of Eyak needs to find housing for their summer student intern who will be working on Eyak Lake Water Quality Monitoring. The student will be in Cordova for 10 weeks from June to August. If you are a tribal member with an extra room for rent during the summer or know of a small apartment available during the summer, please call Kate Williams at the NVE office with more information. Preference is to have housing located within reasonable walking distance of the NVE office and/or Eyak Lake (city side).

**April 28**

Deadline for applications for the Native American Fish & Wildlife Society's NATIVE AMERICAN ENVIRONMENTAL AWARENESS SUMMER YOUTH PRACTI-  
Evergreen CO to be **Page 3** CUM in  
July 22 to August 1. held from  
The Practicum is open to incoming 10-12 grade Native students interested in preservation, protection & enhancement of natural resources. For more information and an application form, [www.nafws.org](http://www.nafws.org) or call Sally Careful-

## Native Village of Eyak

### Agenda:

Masonic Temple

Contact person: Mary or Altana  
7738

Date: Wednesday,  
March 1, 2000

Time: 6:30 - 7:30

## Native Education Committee Meeting



To: State and Area Agencies Administering Plans Under Title III and Tribal Organizations Administering Plans Under Title VI Of The Older Americans Act of 1965, As Amended

Subject: The 2000 Census

Legal And Related References: None

### Purpose

This memorandum underscores the importance of the 2000 Census. It requests the Aging Network to take the lead at state and community levels in urging older persons to complete and return their census forms and to participate as temporary census workers or volunteers.

### Background

In late March, most of us (about 83 percent) will receive the short-form questionnaire covering just seven subjects, the shortest it has been in 180 years. One out of six households (a higher proportion in rural areas) will be asked to respond to the long form. That covers over thirty subjects but only one new one, **grandparents as caregivers**.

### The Challenge

With each decade, it has become more difficult to count everyone in the decennial census. The percentage of people who mailed back their census forms dropped from 78 percent in 1970 to 65 percent in 1990. The number of people who were missed altogether rose significantly. In particular, minority individuals have shown a reluctance to participate in the census. We need to be concerted in our efforts to reverse those trends.

State and Area Agencies on Aging are well placed to mount education and information campaigns to get the word out on the importance of Census 2000. SUA in Regions IV and VI are now cooperating with the Census Bureau to promote participation in the census. Let's follow their example, paying particular attention to minority elders in our outreach and education efforts.

This is a rare year. The message might well be: not only does your response count, you count, so be counted.

Older persons can also participate in the census as workers or volunteers. It is not too late to sign up. The number to call is 1-888-325-7733.

Jeanette C. Takamura  
Assistant Secretary for Aging

## Youth Events

It is springtime again in Cordova and events start happening for our youth. Once again, Chris Belgarde and Jim Casement will be coaching 7<sup>th</sup> – 12<sup>th</sup> graders, to participate in the Statewide Native Youth Olympic Competition held in Anchorage April 26-28<sup>th</sup>.

Following the Native Youth Olympic Competition, all students from 1<sup>st</sup> through 12<sup>th</sup> grade will have the opportunity to attend a weeklong learning experience about our culture and heritage in Tatitlek. Students brought home pickled fish, octopus, teddy bears, beaded necklaces, ulus, and baskets from the 1999 Tatitlek Cultural week. Students will be traveling to Tatitlek on May 1<sup>st</sup> and returning on May 6<sup>th</sup>. Adults chaperones are needed for this fulfilling week.

A few weeks ago, the Prince William Sound local coordinators met to discuss the material development for the Department of Education Grant. Would you be interested in seeing a Compact Disc to teach children about the Alaskan Native Food Pyramid? It is time for the local coordinators to put together teaching materials for our units, Health and Wellness and Cultural Expressions. Below are ideas for Health and Wellness, please give Altana input about the planning of these units.

Material Development for Native Foods

Grades: 1<sup>st</sup>-3<sup>rd</sup> grades (6-8 years old)

What the CD will do: reinforce information taught

To assess and evaluate student understanding

Focus on:

Native Foods Pyramid CD 1

Needed to put the CD together:

A blank pyramid (done)

Photos of Native Foods (50 to 100)

Sound to be able to put the Alu'ut'q and English

Foods to include on the CD:

Salmonberry shoots      trailing raspberries

Salmon strips      black cod

Canned salmon      Rabbit

Grouse      Porcupine

Black bear      Fish head soup

**Chamomile**      **Octopus**

Duck/goose eggs      Dry fish

Sea lion flippers      Seaweed

Snail braided seal intestines      Mussels

Smelt      Hooligan

Seal      Salmon

Foods to include on the CD:      Crab

Halibut rock fish      Clams

Gumboots      Goose tongue

Ferns      Deer

Moose      Goat

Salmonberries      Nagoon berries

Blue berries      Cranberries

Crowberries      Herring eggs on

kelp

Seagull eggs      Wild celery

Nettles      Watermelon berries

ries

Fireweed      Rhubarb

Sour dock      Cockles

More beach greens are needed, if you can think of anything else to add to this list please contact Altana.

Resources available:

Photographers Mary, Bob, Meadow, Alaska

Magazine

Computer Graphic Designers:

Glenora Zimmer      Chris Dunbar

David Alison      Hawk

Will Osborn      Bethany Thompson

Resource People:

Monica Riedel      Molly Rice

Ann Hodnett      Malana Kiel

Nancy Yeaton      Barbara Olsen

Lillian Elvsaaas      Jessie and Ilene

Sylvia Allen      Rose Brizgaloff

March 2000

Activity 2: Match the foods to their sources CD 2  
What the CD will do? Reinforce the foods to their sources.

Focus on: Native foods to their sources.

Need to put the CD together:  
Decision on environment: Ocean and Shore, River, Land and Food items  
ARE THERE ANY MORE THAT SHOULD BE PUT IN? WHICH PLANTS AND ANIMALS SHOULD WE USE? SHOULD THE SAME FOODS FROM THE PYRAMID BE USED FOR THIS ACTIVITY?

How the CD will work? Computer monitor will be divided into 4

1.Environment	2. Environment
Ocean and Shores	River
3. Food Item	4. Environment
	Land

Student will move food to their correct environment

Activity 3: Sequence food preservation and preparation CD3  
What the CD will do? Students will recognize the order in which food is prepared and preserved.

Focus on: Sequencing food preparation and preservation

NEEDED TO PUT CD TOGETHER?  
LIST OF SEQUENCING?

Seal Butchering	Canning Salmon
Drying Halibut	Making Seal Oil
Berries to Jam	Bidarkies to Salad
Fish to Akutuq	Goose tongue in soups
Goose tongue in quiche	Crab to cakes
Salmon to strips	Rabbit to soup
Grouse to Roast	Moose to Jerky
Smelt to fry	Seal roasting outside
Chamomile to tea	
Pickling octopus/sea lion flippers	

***Congratulations!***  
***Justin Allen***

***Kindergarten Student for  
the Quarter***

### **CRRC Subsistence Gathering 2000**

This past weekend, I had the privilege of attending the CRRC Gathering 2000: Subsistence & Stewardship meeting in Anchorage. The topics discussed therein were both interesting as well as intriguing, and brought me to greater understanding of the subsistence issue.

Mrs. Lacey and I did not arrive until a half an hour into the event, due to a miscommunication in travel arrangements, so though we missed the welcoming address and one of the dance groups, we were there for the majority of the conference. The elders panel was particularly interesting, with elders from around the sound recounting stories about the oil spill and the way life was before.

After that came sociologist Steven Langdon who discussed the true meanings of the words "management" and "stewardship" as they apply to subsistence. He explained that Western civilization has a tendency to divide up the different aspects of life, and create different departments to "manage" different things, such as schools for education, environmental agencies for the environment, churches for spirituality. Whereas in traditional native culture, all aspects of life are interwoven together, and in that manner it is superior to "management". He suggested that we strive not to manage our resources, but to assume stewardship with the aid of our traditional knowledge of them.

This idea was expounded upon by one of the members of the next panel, Dewey Schwalenberg who talked about his work with the Stevens Village Stewardship Plan. He said that once the Stevens Village established the boundaries of their subsistence area, they began to help enforce the environmental laws pertaining to the resources in their area. In their first year of this, they caught approximately 600 violations that might have other-

wise gone unnoticed. According to Mr. Schwalenberg, this was a big step for them toward tribal self-governance.

I'm sorry to say that I missed most of the next panel as I was called upon at the last minute to be in the final panel of evening, the youth panel, but I did catch some of Dale Sambo-Dorough's fascinating talk about State Tribal Recognition. The aforementioned final panel was made up of several other youths from around the area and myself. We were asked to say what we thought about subsistence, what subsistence activities we participated in, etc.

The conference concluded with a final dance group, and most excellent potlatch. There were more entertainment activities and a candle light vigil planned for later, but we felt it that it was not necessary to attend due to the lateness of the hour. Still, all in all it was a most enlightening experience and I thank the Native Village of Eyak for allowing me to attend.

## **SILVER HAND APPLICATIONS**

**Patience Andersen Faulkner**

If you create some beautiful hand-craft items from natural products found around here, you may be able to give them recognition as being special through the Silver Hand program. Belen Cook and I will be coordinating Eyak Day in August again for arts and crafts. Products that have the Silver Hand and/or Made In Alaska tags attract more attention.

Silver Hand articles need to be made in Alaska, by an Alaska Native (demonstrated by a certificate of Indian Blood/tribal membership), and made of natural Alaskan products, such as sea otter, seal, local plants/wood/fibers.

I have applications and can help you to go through the process of getting approved. So come in, talk with me. I also would love to

## **HOUSING DEPARTMENT**

### **NEWS & INFORMATION**

*Patience Andersen Faulkner*

*Housing Coordinator*

#### **Saving Money My Way**

*Contributions from Tribal Members*

#### **Saving Money Around the House**

**RurAL CAP provided the following Energy Conservation Household Tips:**

##### **Refrigerators:**

- ❖ To keep your appliance running efficiently, wipe down the coils and motor often. Also defrost freezers when frost is thicker than  $\frac{1}{4}$  inch.
- ❖ Keep freezer full. Even adding cartons of water when freezer is empty will save energy.

##### **Cooking:**

- ❖ Cover pots while cooking.
- ❖ Defrost foods in cold water or in the fridge before cooking them.

##### **Windows/Doors:**

- ❖ Repair broken windows with new panes of glass, or if not possible, cover cracks with clear tape.
- ❖ Add storm windows in the winter to single pane.
- ❖ Weather-strip doors and windows.

##### **Walls, Ceilings and Floors:**

- ❖ If house has an attic, attic vents should be left open at all times so moisture will not condense in attic and damage insulation and cause wood rot.
- ❖ Cracks and holes leading into the attic should be caulked and sealed to prevent warm air from getting into the attic.
- ❖ Seal holes around plumbing pipes under the kitchen sinks, and in bathrooms.



- ❖ Wet or damaged insulation should be dried out completely or replaced.

#### Indoor Air Quality:

A home that has mold, mildew or condensation problems is an indication that the home may be under ventilated. That can be a health risk to the occupants and cause extensive damage to the home. Homes that display these problems may need to install ventilation.

Provided for your piggy bank from Patience Andersen Faulkner, Housing Coordinator.

#### HOUSING DEPARTMENT REQUIRED TRIBAL COMMENT Patience Andersen Faulkner Housing Department

The Housing Program designed for the Native Village of Eyak requires that there is an opportunity for comment on the program. The program just completed last fall (July 98 through September 99) was for the FY98 Housing Improvement Program. The funds were through HUD ONAP NAHASDA (Housing and Urban Development Office of Native American Programs under Native American Housing and Self-Determination Act). In order for a tribal government to receive the funds, a list of tribal members through the enrollment process must be maintained. We have approximately 500 tribal members.

Last July I conducted a household survey to help determine what the housing situation was in the Native Village of Eyak. Most members were happy with their location of their homes as they had been there for many years, but could use help with doing some better weatheriza-

tion, maybe some renovations or maintenance. We had a good number of college students who could use some help with their housing. Most members would build a new house through a grant on property they would own as opposed to building on tribal land.

When the FY99 program was written last summer, we focused on the weatherization. There are restrictions on the funds, which depend on the household income. The consultant put this program on hold to figure out how to best use this money for tribal members. At this time I would like your comments on what you think are the housing needs for you and for your fellow tribal members. Please fill out the questionnaire and return them to me.

The FY 2000 plan needs to be written within the next few weeks. Some ideas for the FY 2000 program is to reserve money for college student housing, provide some household maintenance training classes, grants for self-improvement, and an energy audit for ways to improve on energy use. We need additional ideas from tribal members on how to improve the housing situation.

So far the word from HUD is that self-help homes and low rent homes are not needed. You and I may think otherwise, but their historic records tell the story. HUD suggested that housing for elderly would be an area to investigate. (Our survey showed that most folks had their own homes and were pretty content in them and it would be difficult to find 6-10 elderly who would move into the housing units.)

So, this is the plan. Fill out the comment form and return it to me. Come to the Potlatch on Monday 3 April at 5:30 and look at the entire FY98 report. It will also be available at the office if you want your own copy or read one here. Tell me what areas of housing you think need help. (I have some door prizes for the Potlatch, so come put your name in and give me your two cents of ideas.) See you there!

# THE EYAK ECHO



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Fax: (907) 424-7739  
Email: fespejo@tribalnet.org

*Please submit items for the Eyak Echo no later than the second Monday of the month..*

## March Birthdays

*Happy Birthday To You...  
Happy Birthday To You...  
Happy Birthday Dear ...  
Happy Birthday To You...*



BRIAN ALLEN	SUE DONALDSON	ALBERTA MCCRACKEN
TODD ALLEN	CAROL FLEEK	CLIFFORD NICHOLS
JOHN ANDERSON	GARY HANSEN	JOHN NICHOLS, SR.
NEWELL ANDERSON	LEROY HOELDT	CLIFFORD OLSEN
LOGAN BEYER	KIM JOHNSON	FAYE PAHL
CHARLOTTE BRAY	CARROLL KOMPKOFF	MATTHIAS REID
TINA CAMP	JORDON KOMPKOFF	JACK RILEY
TED CL OUDMAN	DONALD LADD	AUGUST TIEDEMAN
GERALD CUNNINGHAM	ROBERT LADD	BREANNE TIEDEMAN
ROBERT CUNNINGHAM	MICAH LADD	TIMOTHY WHETSELL
AARON DEVILLE	EDDIE LEVSHAKOFF	DELBERT WICKHAM
CHARLES DEVILLE	LILLIAN HERSHEY	GLENORA ZIMMER